



SYRACUSE ENDOSCOPY ASSOCIATES, LLC

739 IRVING AVE, SUITE 420, SYRACUSE, NY 13210

WWW.SYRACUSEGASTRO.COM

(315) 234-6677

SIGMOIDOSCOPY PREPARATION INSTRUCTIONS

- Stop any iron you are taking, this includes multivitamins with iron 7 days prior
- Please make sure the office is aware if you: take a blood thinner have a pacemaker or defibrillator
- If you are a diabetic patient please call the doctor that manages your diabetes and let them know you will be prepping for a sigmoidoscopy. They will advise you on instructions for adjusting your medications during your prep.
- You can take all necessary medications with a sip of water, at least 2 hours before your arrival time.
- Do not take** diuretics (water pills), such as Lasix, hydrochlorothiazide, or any medication ending in HCT.
- Call to speak with a nurse if you develop a fever, upper respiratory illness or pneumonia.
- You will not be allowed to drive after your procedure OR for the rest of the day.** Please arrange for a responsible adult to drive you home. If it is necessary for you to use a Taxi or Uber, you still **MUST** have a responsible adult, like a family member or friend, accompany you on the drive home.
- You will not be able to drive or return to work the day of your procedure.
- To insure it is available, **go to your pharmacy at least 5 days prior to your appointment and and purchase 2 Fleet Enemas**

PREP INSTRUCTIONS:

- THE NIGHT BEFORE YOUR EXAM: Do not eat or drink anything after midnight
- If you are scheduled for an afternoon exam, you may have clear liquids only up until 4 hours prior to your arrival time.
- THE DAY OF YOUR EXAM: You will need to use 2 Fleet Enemas in order to cleanse your lower intestine.
 - TWO(2) HOURS BEFORE YOUR ARRIVAL TIME: USE THE FIRST ENEMA.
 - 30 MINUTES BEFORE YOU LEAVE FOR YOUR APPOINTMENT: USE THE SECOND ENEMA

CLEAR LIQUIDS are liquids you can see light through such as: water, ginger-ale, clear fruit juices: like apple, white cranberry, white grape juice, beef or chicken bouillon, soda, tea (no milk), Gatorade, Kool-Aid, popsicles, and, Jell-O (no red colors or dyes)

DO NOT

- Do not drink coffee.
- Do not drink anything that has RED DYE (no red dyes)
- Do not eat solid foods
- Do not add fruit to Jell-O
- Do not drink milk or milk products or artificial creamer
- Do not drink any beer or alcoholic beverages
- Do not chew gum the day of your procedure

OFFICE USE:	
Diabetic	Y N
MRSA - who diagnosed/when?	Y N
VRE	Y N
ESBL	Y N
Active C-diff	Y N
Pacer/Defib - copy pacer card, who is cardiologist	Y N
Blood Thinners - name and who is prescribing doctor	Y N
Clotting Disorder?	Y N
Translator needed?	Y N
Oxygen? How many liters?	Y N
Malig. Hypothermia	Y N

Appt. Date: _____

Arrival Time: _____

Procedure time: _____

Please report to:
739 Irving Ave, Suite 420
 Syracuse Endoscopy Associates
 CNY Medical Center